

The 10 Commandments

Dharma (righteous living)

- 1) **DHRITI:** We shall be patient.
We shall control of our thoughts & emotions more so in adverse conditions.
- 2) **KSHAMAA:** We shall be tolerant and compassionate.
We shall be high by praise, profit ...etc. nor be belittled by criticism, loss ...etc.
- 3) **DAMA:** We shall be resilient or self-disciplined.
We shall control our tendencies and desires, and stay away from the path of evil & illegitimate claims or control over resources and abuse of authority.
- 4) **ASTEYA:** We shall not steal.
We shall not take anything without the permission of the rightful owner, be focused in our duties and responsibilities, and abstain from corrupt practices.
- 5) **SHAUCHA:** We shall be clean at all times.
We shall maintain external & internal cleanliness, i.e. body, mind & spirit; control our thoughts, speech & physical actions.
- 6) **INDRIYA NIGRAHA:** We shall control all our senses.
We shall be judicious before gearing the five cognitive senses and five organs for actions as well as internal faculties - buddhi (the centre of judicious intellect) & & mana (emotions).
- 7) **DHEE:** We shall be mentally discipline.
We shall stay away from intoxicants and intoxicating company, and to keep company of the wise and noble; thus ensure physical fitness and flexibility.
- 8) **VIDYA (KNOWLEDGE):** We shall strive to attain full and accurate understanding of both the external and internal environment – the material and spiritual aspects of life.
- 9) **SATYA:** We shall always be truthful in words, speech & deeds.
We shall be honest in all interactions among people & institutions.
Caution: Unpleasant truth to tease, defame, belittle, infuriate, harm, mislead, torment or blackmail others is as bad as untruth.
- 10) **Akrodha:** We shall never to give in to anger.
We shall always be calm and watchful to set aside provocations.

Maharishi Manu, the universal law-giver codified the Universal Vedic Living Values into what is commonly known as the ten tenets or pillars of Dharma.

Dharma Was, Is and Will ever be the greatest contribution to humanity. As the essence of the Vedic philosophy, it is the very foundation of a universal life style for human beings. It is the personal responsibility of every one to uphold dharma.

Dharma means neither harm nor appeasement of any group, community, gender or individual. Upholding dharma is a historical exigency for an ideal society. The contrary (the path of adharma) is full of turmoil, suffering and troubles.

The choice is ours.

Dharma is universal and transcend the limited concept of religion.

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